

IMPLEMENTATION OF THE INTERNATIONAL DYSPHAGIA
DIET STANDARDISATION INITIATIVE (IDDSI)

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AT SUNWAY MEDICAL CENTRE

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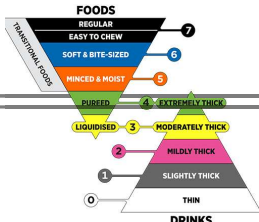


BACKGROUND

- 1.Variation in Texture Modified Diet (TMD) terminologies and consistencies across countries impacts the safety of patients with dysphagia.
- 2.The International Dysphagia Diet Standardisation Initiative (IDDSI) provides a common standardised terminology and definitions for texture-modified foods and thickened liquids to improve patient safety and care for individuals with dysphagia
- 3.At Sunway Medical Centre (SMC), current TMD include 4 levels of modification: blended, soft moist, soft and regular diet with blended, minced or chopped sides.

OBJECTIVES

This study aims to review and standardise current TMD to align with IDDSI standards, particularly Level 5: Minced & Moist, Level 6: Soft & Bite-sized and Level 7: Easy to Chew by using the IDDSI testing method to evaluate and review existing SMC menus.



METHODOLOGY

Process of IDDSI implementation at SMC



Formation of **multidisciplinary team** involving **Dietitians, Speech & Language Therapists and Chef**



Review existing TMD at SMC and **modify the menu** to meet IDDSI



Staff education & training



Gradual implementation starting with **vegetable dish**

Menu selection



Total of 80 dishes were being categorised into groups according to vegetable, protein & carbohydrate.



Different cooking methods (e.g., steam, grill)



Viscosity of gravy



Different parts of food (e.g. chicken)

IDDSI Testing Method



Fork Drip



Spoon Tilt



Fork Pressure

Temperature Factor

3 points:

- After the tray line.
- Upon food arrival at ward
- One hour after food reached the ward

RESULTS



IDDSI compliance assessment by food group

Food Group	Passed IDDSI Levels 5, 6, 7	Non- compliant Factor
Vegetable	0%	<ul style="list-style-type: none">• Failed Fork Pressure Test, softness of food• Thin liquid separation (for Level 5,6)
Chicken		
Fish	45%	
Carbohydrate	17%	



Vegetables dish that meet IDDSI with standardized portion size

Selected vegetables

- Broccoli
- Cauliflower
- Carrot
- Pumpkin
- Snake gourd & Brinjal (skin & seed removed)
- White radish

Portion of vegetable & thick gravy per serving

Portion of vegetable: 75g
Portion of thick gravy: 30g

Figure 2: Pictures of vegetable dish before and after IDDSI implementation



Before IDDSI implementation:
vegetable dish with separation of thin fluid & hard texture



After IDDSI implementation:
Identified vegetable with specific portion and thicken gravy

DISCUSSION



Initial assessment of existing TMD at SMC showed high non - compliance with IDDSI standards, particularly in vegetable, chicken and carbohydrate dishes.



Vegetable dishes successfully passed IDDSI standards after modification on types of vegetables, adjusting viscosity of gravy, cooking methods and duration as well as standardization of portion for vegetable and gravy per serving.



Soft-cooked root (e.g., carrot, radish), starchy (e.g., pumpkin), and cruciferous vegetables (e.g., broccoli, cauliflower) were identified to be able to meet the IDDSI requirement, especially the texture part in this study.

CONCLUSION



Besides the size of the food, cooking duration, food preparation method, quantity and viscosity of gravy are also part of the determinants to pass the IDDSI standard.



Vegetable dishes able to meet IDDSI Level 5, 6 and 7 with all the modification done.



All these determinants will be taken into consideration for other food groups in next study.



A multidisciplinary approach engaging dietitians, speech-language therapists and chefs is critical in the implementation of IDDSI.